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World of Warcraft terror watchlist

U.S. and U.K. gov'ts apparently believe gamer nerdspeak to be perfect foil for sinister plots PAGE 12

HUGE HONOUR

NO ONE WAS MORE SURPRISED BY JON CORNISH CAPTURING THE 2013 LOU MARSH AWARD THAN CORNISH HIMSELF PAGE 25

City is winning the war on snowy sidewalks: Data

Doing their bit. Of the 2,733 complaints logged by 311 this season to date, only 88 times have residents ignored a 24-hour notice to clear snow and ice

BRYAN WEISMILLER
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Winter walkers are hitting more pavement and fewer snowy sidewalks this season thanks to a colossal drop in the number of delinquent shovellers — at least judging by new municipal data.

Of the 2,733 complaints logged by 311 this winter season to date, only 88 times have Calgarians ignored a subsequent 24-hour notice to clear the snow and ice from their properties.

At 3.2 per cent, that's less than half of last year's delinquency clip and significantly down from the 20 per cent average over the previous three snow seasons before that.

"Most people in this neighbourhood scrape right down to the pavement," Hillhurst resident Michael Sowan said Monday with a snow shovel in hand. "I think it comes from the pride of home ownership and wanting a nice safe walkway out front."

Over the past week, Sowan and many other Calgarians have braved bone-chilling temperatures to dig out their sidewalks, driveways and front streets. Some of those who didn't have been hit with the bill for contractors to do the work. That tab starts at $210 and snowballs from there.

Abdul Rafih, acting manager of operations for city bylaw services, acknowledged a positive trend has emerged over the last five years, but he noted there's still room for improvement.

"In a perfect world, we want people to remove the snow without having the officer out to issue a written warning," he said.

CONDOLENCES FOR MANDELA

Helena Gryckiewicz and Peter Slawik sign Nelson Mandela's book of condolences Monday at the McDougall Centre. Albertans can pen tributes to the late freedom fighter until Friday at 9 p.m. before the book is shipped to South Africa. For coverage on Mandela, see page 11. BRYAN WEISMILLER/METRO

Icy sections

Deadly road conditions

A man was killed Monday afternoon after losing control of his vehicle on Deerfoot Trail, getting out to inspect the damage, and then being struck by another vehicle that lost control on the same icy section of highway, according to police.

The initial crash happened at about 12:40 p.m. in the northbound lanes of Deerfoot, near the Airport Trail exit, when a Ford F350 slid into in the wire barrier separating the two directions of traffic.

The 46-year-old driver then got out of the truck and walked around the vehicle, when a minivan also lost control and struck him.

The man suffered "critical, life-threatening injuries," said EMS spokesman Stuart Brideaux, and was taken to Foothills Hospital, where he died.

Several members of the public and a police officer tended to the man and administered CPR before an ambulance arrived, Brideaux added.

Alcohol was not a factor in the collision, according to police, but speed relative to the road conditions may have been.

As of press time, police had not yet decided if criminal charges will be laid.

Police received 192 reports of crashes across the city between 9 a.m. and 4 p.m. Tuesday as snow and ice continued to blanket Calgary roads. ROBSON FLETCHER/METRO

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Privacy breach. City pot users eager to join lawsuit

Calgary medical-marijuana users say they plan to join tens of thousands of others across Canada in a class-action lawsuit alleging the federal health body violated their privacy.

It's believed documents were sent to 40,000 licensed patients last month in white envelopes with the words "Medical marijuana access" written across the top.

Health Canada has since taken responsibility for what it conceded was a gaffe, but it now faces a potential class-action lawsuit spurred by firm Branch MacMaster.

John, a Calgary cancer survivor in his 50s, said his envelope was left hanging out of his mailbox with the sensitive words on it clearly visible to passersby.

"I was trying to do it the right way and, yeah, I'm getting crapped on.... I should have just shut my mouth and grown a couple of plants or something quietly," he said, adding that he was "very interested" in involving himself in the legal action.

Steve, who smokes marijuana to relieve pain from nerve damage in his arms, has already contacted the firm and said it's time for community members to stand up for their rights. He said he fears being outed as a user could cost him clients and other professional relationships he's worked to build.

"It's the stigmatization," he said. "That's why we've always kept to ourselves. Especially in Calgary — this is conservative homeland. They don't see a patient, they see a pothead."

JEREMY NOLAIS/METRO

Cst. Jared Euverman @CstEuverman
#yyctraffic good news: Deerfoot NB is open at Beddington...bad news: heavy delays expected. SB Deerfoot at Airport still extremely slow #yyc
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Cst. Jared Euverman @CstEuverman
@gotasister that may be the safest (and by far the quickest) way home today.

Const. Jared Euverman has just begun tweeting while on duty. Inset: Updates on road conditions ahead of rush hour. COURTESY CALGARY POLICE; INSET: TWITTER

Police get savvy with social media

'Sky's the limit.'

Service hopes to use Pinterest, Flickr to help reunite owners with stolen goods

More than 60,000 people follow the Calgary Police Service and four officers providing live updates from the field on Twitter.

Another 15,200 have signed on for Facebook updates on crime- and safety-related issues in their communities.

And a video the organization shot earlier this year providing the first look at its new cruisers netted nearly 30,000 views on YouTube.

But as far as Sean Stephenson — the service's civilian digital communications team lead — is concerned, the service's use of social media is just getting started. "The sky's the limit," he said during an interview Monday. "Social media is not going away. It's just going to keep growing and becoming more and more a part of our everyday lives."

A new endeavour Stephenson said will likely be announced in early 2014 involves posting pictures of stolen items recovered by officers to Pinterest or Flickr in hopes of drawing the eyes of rightful owners. Calgary police have recently doubled their number of tweeting and Facebook-posting constables to four with the introduction of constables Riley Babott and Jared Euverman.

Const. Jeremy Shaw, the most popular Calgary police figure on Twitter with more then 5,000 followers, was given a trial by fire of sorts in June as his account was launched ahead of schedule to provide critical updates to residents as historic-level floodwaters roared into the city.

The official Calgary Police Service account was thrown in "Twitter jail" temporarily after exceeding the maximum number of daily tweets during the initial stages of the crisis.

"We really realized during the flood how important social media was … the chief was always on board with social media but, after the flood, we got the buy-in from all of the higher-ups," Stephenson said.

Euverman, meanwhile, said officers were invited to sign up for the tweeting-constable initiative after the flood and he wanted to be involved. At just 25 years of age, he expects some day to see the majority of his peers on the front lines embracing social media in one way or another.

"It really personalizes us … it's a little more human," he said. "I think you'll see a lot more members (online) from all different parts of the service."

Const. Mark Smith is the force's most seasoned tweeter, with 2,553 updates as of Monday evening. JEREMY NOLAIS/METRO WITH FILES FROM STEPHANIE DUBOIS

On the web

For links to constables that use social media professionally, head to metronews.ca

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Hospitals trimming down missing-patient numbers

On pace for 5-year low. Cops helping workers avoid potential tragedies

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary hospitals appear to be keeping better track of their patients and are on pace for the lowest number of reported missing patient cases in five years.

To the end of November, 209 people had been reported missing from the Foothills Medical Centre, Peter Lougheed Centre, Rockyview General Hospital and South Health Campus combined, according to police.

All told, that's 19 cases per month, down from 25 per month in 2012 and 32 the year prior.

"They've taken some steps to address their issues and we're working with them to take some proactive measures to try to provide some guidance," said police Staff Sgt. John Hebert, who has been meeting regularly with health officials to go over proper reporting procedures and to detail how far a patient can get from city hospitals in short periods of time, given that they generally have taxi queues and are located near major bus or LRT routes.

In most missing-persons cases, the subject is found unharmed a short time later. But specific concerns around mental-health patients walking away from hospitals emerged last year after a 68-year-old dementia sufferer who had been staying at Rockyview General Hospital was found dead in the Glenmore Reservoir.

In response, officials at that hospital have begun putting yellow bracelets on the wrists of dementia patients to serve as a visual identifier for hospital staff and security.

The statistics provided by police don't necessarily only account for hospital patients that were reported missing but could also include visitors, staff and others.

In a statement, Alberta Health Services said finding the balance between patient safety and personal freedom is an ongoing challenge.

"All patients are assessed for risk and required level of supervision," reads the statement. "Some patients are allowed off patient care units unsupervised for defined periods of time while others are more closely supervised, depending on their assessed level of risk."

Missing persons

3,365

Over the past 15 years, Calgary police have responded to an average of 3,365 missing-person cases annually, meaning that even in 2011, when more than a person per day was reported missing from hospitals, the total number of cases involving Alberta Health Services only account for a little more than 11 per cent of total searches.

Rockyview General Hospital saw multiple dementia patients flee its facility in July 2012. In response, the hospital stepped up its security protocols and began putting yellow bracelets on the wrists of dementia sufferers to help staff identify them if they were found outside of designated areas. METRO FILE

Oilsands

Neil Young to fund group's protest

Canadian music legend Neil Young is scheduling four concerts in Canada to benefit a northern Alberta aboriginal band fighting oilsands development in its territory.

The shows are to be held in January in Toronto, Winnipeg, Regina and Calgary.

A spokeswoman for the Athabasca Chipewyan First Nation says that Young has agreed to donate 100 per cent of ticket sales from the shows to fund the band's protest. **THE CANADIAN PRESS**

Deerfoot Trail

Tanker crash leads to diesel spill

Members of the Calgary Fire Department's hazardous materials team contained a minor leak of diesel fuel from a tanker truck that rolled on Deerfoot Trail Monday afternoon.

The southbound truck was carrying about 5,000 litres of fuel when it crashed around 2:30 p.m. just north of Airport Trail, according the fire department. **METRO**

Calgary streets to be seen in new light

Calgary's current streetlights use high-pressure sodium bulbs that emit a "warm" orange light. ROBSON FLETCHER/METRO

Five Calgary communities will look a lot cooler at night starting next year, as the city plans to replace 2,100 high-pressure sodium streetlights with LED fixtures.

Compared to the "warm" orange glow of the traditional lights, the LEDs (light-emitting diodes) produce a bluish-white light, typically described as "cool" on the colour-temperature scale.

A few dozen LED lights are currently in place across Calgary, according to spokesperson Julie Yepishina-Geller, but the city plans to start adding them en masse in Altadore, Marda Loop, Douglasdale, Tuxedo Park and Marlborough.

There has been "mixed feedback" to the LEDs, Yepishina-Geller said, as they produce a higher-contrast light than people might be used to.

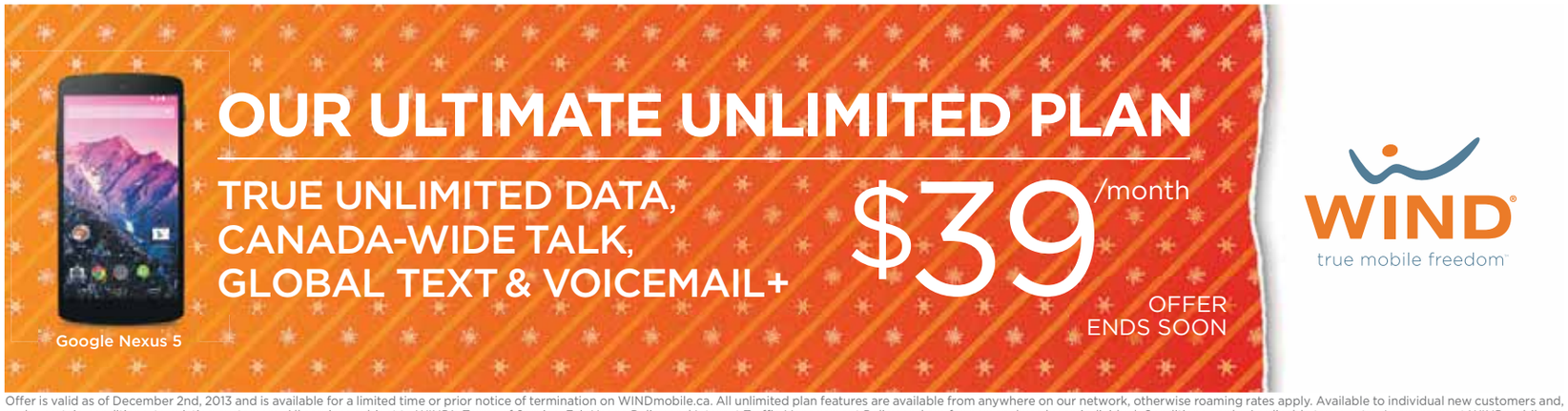
"Ultimately it's just a clearer light and it's a more energy-efficient light," she said. "For us, that's the most important."

Calgary is taking its cues from the City of Edmonton, which now uses LEDs in 15,000 of its roughly 100,000 street fixtures.

Senior streetlight engineer Vlado Cicovski said Edmonton moved toward slightly warmer LEDs (4000K instead of 5000K, to get technical) after some citizens complained about the cool light.

"People do perceive that light to be more glarey, especially the seniors," Cicovski said.

ROBSON FLETCHER/METRO



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Elbow Park: Repair or rebuild?

Flood-damaged school. Parent council chair hopes for a facility 'built for the modern era'

JEREMY NOLAIS
jeremy.nolais@metronews.ca

No decision has been made on the fate of a flood-battered Calgary school, insist public board representatives, but the facility's parent council chair was quick to tout the benefits of tearing it down and rebuilding from scratch Monday.

"It will be more efficient, it will be more flexible, it will have a full-sized gymnasium," said Nathan MacBey, top parent representative at Elbow Park School, which has remained closed since June floodwaters caused severe damage.

"It would just be a school that's built for the modern era rather than a school that's almost 100 years old."

Controversy arose on social media after a survey surfaced on Elbow Park's website that stated Calgary Board of Education administrators "would like to advance the position that the current Elbow Park School be demolished and replaced."

But the move may not be clear-cut, as some parents at an information session in August vouched support for salvaging as much of the heritage building as possible. Alberta Education Minister Jeff Johnson has indicated he too would like to save the school.

But a statement from CBE administrators Monday indicated that, despite the preamble on the Elbow Park survey, the organization was still developing a recommendation to put before elected trustees. Their vote would then seemingly inform the province, which ultimately controls the funds for such a project.

But MacBey said the province has guaranteed a proper rebuild of Elbow Park if that option was chosen. Even then, he said he would wait for results of the survey, which can only be completed up until Wednesday.

But MacBey did say that kids displaced from Elbow Park, who are currently learning at Eugene Coste School, would move to a more permanent, modular project in the fields of Earl Grey School in time for the return of classes in January.

Regardless of whether its rebuilt or restored, it's expected to be years before students learn again at the site of flood-damaged Elbow Park School. METRO FILE

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Parents hope for $150,000 to replace Rideau Park playground

Parents are busy rallying votes in hopes they can secure up to $150,000 in contest winnings to replace a flood-damaged Calgary school playground.

Rideau Park School reopened in time for September classes despite being inundated with water in the June flood, but its recreational areas were another story.

The gym floor, which resembled a "ripple chip" after the flood waters washed in required a full replacement and didn't reopen until a month after class started. The outdoor fields also had to be replaced, an effort that spanned until the end of October.

Even now, the school's damaged playground remains.

"It's old, it's worn, it's torn," said Anne Fraleigh with the school parent council. "The kids still use it but it needs to be replaced."

In response, parents have signed on for the Aviva Community Fund and hope to secure the money for a replacement playground, new athletics court and some sports equipment. But Fraleigh said they have fallen behind in the semifinal round and will need a surge of support before Wednesday's 10 a.m. deadline — only the top 10 projects in each category will advance to the finals.

For a link to where you can vote for the project, head to metronews.ca.

JEREMY NOLAIS/METRO

Weekend club death

Dead woman may have taken ecstasy: Police

Police say they suspect a Calgary woman who died on the weekend took ecstasy at a nightclub.

Investigators believe the 22-year-old and a friend were drinking at the club and took street drugs, including ecstasy. An autopsy is scheduled for next week.

THE CANADIAN PRESS

Ambulances unavailable. Surge of 911 calls leads to two 'red alerts' in Calgary

Alberta Health Services declared a rare "red alert" for its emergency medical service in Calgary at two points on Monday morning as a surge of medical and weather-related calls led to all 33 in-service ambulances being on calls at once.

The first red alert occurred between 8:43 a.m. and 9:01 a.m. and the second between 9:23 a.m. and 9:30 a.m., according to AHS senior communications advisor Steve Rennick.

"Keep in mind that a red alert only reflects the number of ambulances available, not ambulances from within the system that AHS EMS can dispatch to emergency calls," Rennick told Metro.

ROBSON FLETCHER/METRO

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City-owned Lumino South, pictured centre, is one of three neighbouring highrise projects in Manchester near Chinook Centre. The city and province collectively chipped in $24 million on the 88-unit tower. COURTESY OF KANAS CORPORATION

'A building that is self-sustainable'

Lumino South. Need for affordable housing looms over subsidized tower's grand opening

At least 88 Calgarians now have a subsidized roof over their heads after the Lumino South housing tower officially opened its doors Monday.

At the grand opening, civic politicians freely acknowledged the 12-storey apartment complex was a drop in the bucket when looking at the thousands of people waiting for low-income housing in Calgary.

However, the same crowd was bullish on the tower's mixed-market model.

Calgary Housing Company chairman Brian Pincott held the Lumino project up as an example of how to do affordable housing the "right way."

Based on Pincott's explanation, one-third of building tenants pay 10 per cent below market rent (about $900 monthly), one-third pays rent based on their income and the other third pays a "deep subsidy" price of roughly $350 per month. "We have a building that is self-sustainable," Pincott told a crowd at the opening.

Area Coun. Gian-Carlo Carra called it a "next generation" project that wouldn't be a "constant suck of public dollars."

Lumino South is the first of three towers to open in the community of Manchester, near Macleod Trail and Chinook Centre. It's the only city-owned of the trio.

Those attending Monday's ceremony heard ringing endorsements of the workmanship done by developer Kanas Corporation.

Still, Mayor Naheed Nenshi estimated 5,000 units of affordable housing are needed, up from some ballpark figures closer to 3,000 spaces.

"We have enormous work left to do," Nenshi said.

BRYAN WEISMILLER/METRO

City-owned subsidiary

- The Calgary Housing Company is a city-owned subsidiary that manages 10,000 affordable housing units.
- Lumino South features 11 accessible one-bedroom units of up to 750 square feet and 77 two-bedroom units of up to 800 square feet.

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Ukrainian chairman of the opposition party Udar and WBC heavyweight boxing champion Vitali Klitschko, surrounded by police, tries to stop possible clashes between police and pro-European Union activists in Kyiv, Ukraine, on Monday. Hundreds of police in full riot gear on Monday flooded key sites of mass anti-government protests. EFREM LUKATSKY/THE ASSOCIATED PRESS

Police move in on Kyiv protests

Tensions mounting. Opposition says its offices were raided; police deployed near protesters

Heavily armed riot troops broke into the offices of a top Ukrainian opposition party office in Kyiv and seized its servers Monday, the party said, as anti-government protests crippled the capital for yet another day.

Elsewhere police dismantled or blocked off several small protest tent camps that near key national government buildings in the city.

Tensions also rose as a double cordon of helmeted, shield-holding police deployed in the street near Kyiv's city administration building, which demonstrators had occupied and turned into a makeshift command post and dormitory.

The moves came a day after hundreds of thousands of demonstrators crammed into Kyiv, the biggest in three weeks of protests that started when Ukraine's president backed away from signing a long-awaited pact to deepen ties with the European Union.

Protesters are angered not only by the thwarting of their desire to become closer to the West and spin out of Russia's orbit, but by police violence against the demonstrators. Club-swinging police have twice broken up protest rallies.

Ostap Semerak, a member of the Fatherland Party, said that troops broke into the party's offices on Monday evening, some climbing in through its windows.

"They are storming us. The images are insane," he said by telephone.

The troops left after confiscating some computer equipment, he said.

Party member Marina Soroka also said the troops surrounded and blockaded several opposition-minded Ukrainian media outlets, making their and other media websites inaccessible. THE ASSOCIATED PRESS

MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic," personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding advocating the NDP's long-held belief that the Senate should be abolished.

NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

Borg says she was particularly insulted by Dagenais' suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.

Borg, who is 23 years old, says that's the kind of "old-school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic," and added: "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

In an interview last week, Dagenais said his letter is part of a campaign by some Conservative senators, including Senate Speaker Noel Kinsella, to defend themselves and their institution after taking a year-long drubbing over the Senate expenses scandal.

THE CANADIAN PRESS

The red planet

Mars rover finds ancient lake

NASA's Curiosity rover has uncovered signs of an ancient freshwater lake on Mars that may have teemed with tiny organisms for tens of millions of years, far longer than scientists had imagined, new research suggests.

The watering hole near the Martian equator existed about 3.5 billion years ago. Scientists say it was neither salty nor acidic, and contained nutrients — a perfect spot to support microbes.

"This just looks like a pretty darn ordinary Earth-like lake in terms of its chemistry," said project scientist John Grotzinger of the California Institute of Technology. "If you were desperate, you could have a drink of this stuff."

The findings were published online Monday in the journal Science.

THE ASSOCIATED PRESS

A self portrait of the Mars rover, Curiosity
NASA/THE ASSOCIATED PRESS

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Thailand PM calls elections amid unrest

Political crisis. Yingluck Shinawatra dissolves lower house of Parliament as protesters vow they'll continue fighting to topple her

Desperate to defuse Thailand's deepening political crisis, Prime Minister Yingluck Shinawatra dissolved Parliament's lower house on Monday and called early elections. But protesters seeking to topple her vowed to carry on their fight, saying they cannot win at the polls because of corruption.

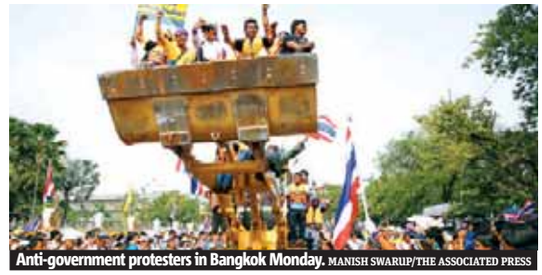
A decree from King Bhumibol Adulyadej scheduled the elections on Feb. 2 and named Yingluck as interim prime minister until then. The protesters demanded that she resign as caretaker and rejected the election date, putting the strongly royalist movement at odds with the royal decree.

Protest leader Suthep Thaugsuban, who faces an arrest warrant on insurrection charges, spoke to more than 150,000 followers at a stage outside Yingluck's offices, challenging authorities to "come get me!" THE ASSOCIATED PRESS

Quoted

"We have given the power back to the people to decide and have elections according to the democratic system under the king."

Thailand Prime Minister Yingluck Shinawatra



Anti-government protesters in Bangkok Monday. MANISH SWARUP/THE ASSOCIATED PRESS

Egypt

Brotherhood leader denies inciting violence

The leader of Egypt's Muslim Brotherhood denied his group was to blame for violence as he appeared in court Monday for the first time since being detained after the ouster of the Islamist president last summer.

The trial against Mohammed Badie comes as authorities tighten a crackdown on dissent, arresting dozens of protesters in a raid on Al-Azhar University, Sunni Islam's most prominent educational institution.

Amid tight security Monday, Badie and 14 other senior leaders of the group appeared for the opening of a trial focusing on July protests in which at least five people were killed.

Badie denied the Brotherhood was behind any violence, telling the court, "My group and I are not offenders or defendants. We are victims in the face of those that killed thousands of citizens and peaceful protesters."

Badie said dozens of his group's offices were torched during the protests against ousted Islamist president Mohammed Morsi. "My son was killed, my home was torched and shot at, and despite all that there is not a single investigation into this," he told the court. THE ASSOCIATED PRESS

Ultra-Orthodox Jews protest Israeli military recruitment

An ultra-Orthodox Jewish man climbs a tree near Haifa, Israel, Monday, during a demonstration to support other ultra-Orthodox Jews who were detained for refusing to report to a military recruitment centre. Israeli police say more than a thousand people have protested.

ARIEL SCHALIT/THE ASSOCIATED PRESS

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A Christian man chases a suspected Seleka officer with a knife in Bangui, Central African Republic, Monday. Christian and Muslim mobs amplified the violence by going on lynching sprees last week. JEROME DELAY/THE ASSOCIATED PRESS

Violence in Central African Republic

Sectarian conflict.
400 died last week in two days of fighting between Christians and Muslims in this African country

Dozens of young men stood waiting for storm clouds to pass in Central African Republic's capital. They spotted a man in a flowing white robe traditionally worn by Muslims, hand-in-hand with his adolescent son.

Hungry for revenge, the crowd descended upon the pair. The man's terrified son broke away and fled on foot, abandoning his father as the knife-wielding mob clutched the middle-aged man.

Muslim rebels known as Seleka overthrew the government of this majority Christian nation nine months ago, sparking mounting sectarian violence that prompted former colonizer France last week to deploy troops to Bangui in an effort to stop the bloodshed.

In a city where more than 400 people died last week in two days of tit-for-tat violence between Christians and Muslims, it was clear Monday there is still enough pent-up rage left that a crowd will try to kill a man on sight.

In this case, French forces intervened just in time, firing into the air as a warning. Other Muslims were not as fortunate. In the Benzvi neighbourhood, a mob descended upon two ex-Seleka leaders leaving their home Monday afternoon.

THE ASSOCIATED PRESS

Quoted

"After the French leave, things will explode."
Abdel Wahid, Central African Republic resident and Muslim

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Celebrating the life of Mandela

Memorial. World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

Security still a concern

Police promised "thousands" of officers would secure the stadium for Tuesday's memorial, though security appeared lax Monday.

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are already camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would Ban and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday.

THE ASSOCIATED PRESS

Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, on Monday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Canadian delegation arrives

Workers rush to prepare for memorial

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

The Canadian delegation flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chretien, Joe Clark and Kim Campbell.

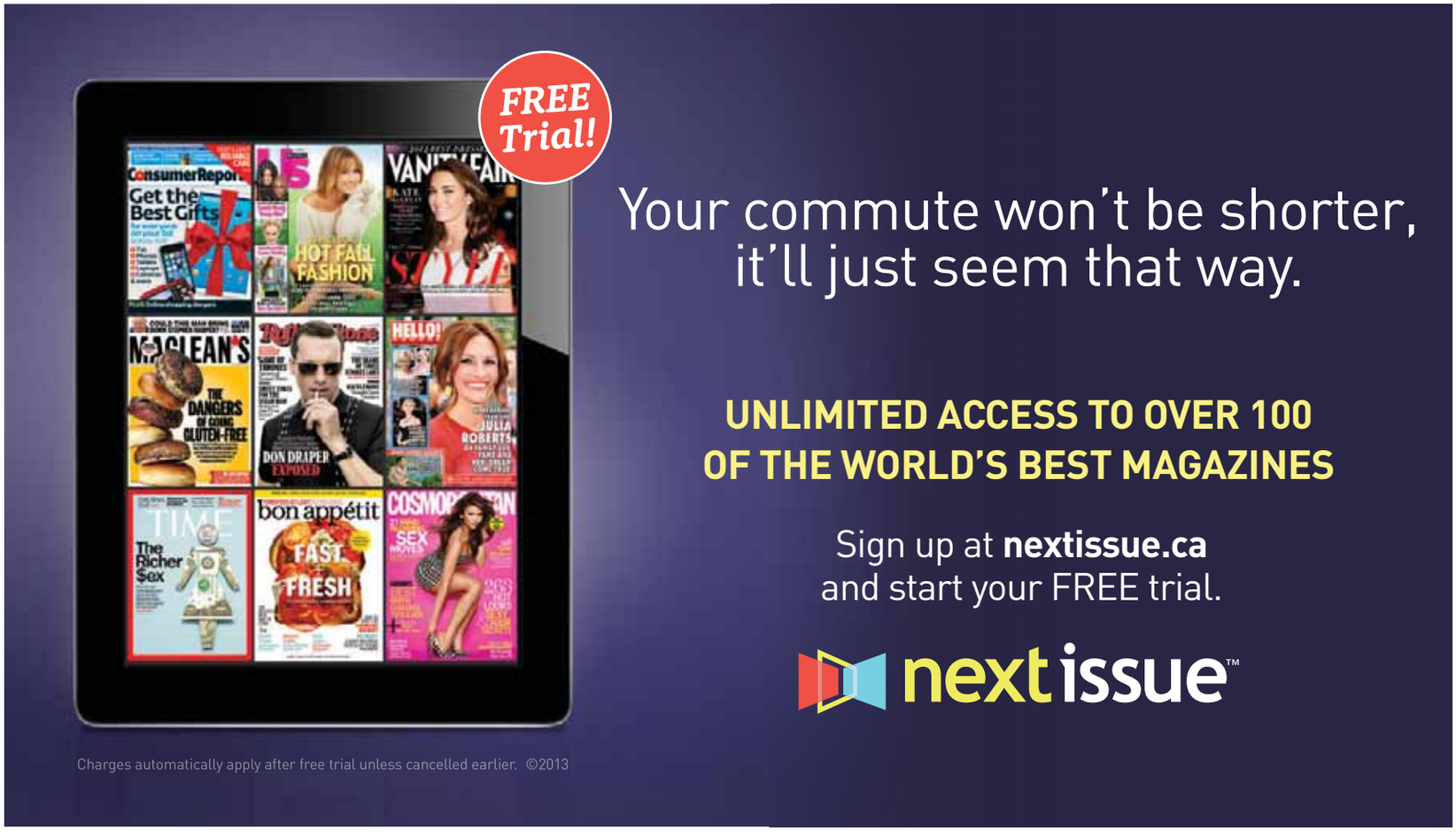
Stephen Harper

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said as he recalled many private meetings with Mandela.

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years.

Chretien followed up years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

THE CANADIAN PRESS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Report: Spy agencies kept eye on gamers

NSA leaks. Documents via Edward Snowden reveal U.S. and U.K. monitored online games

Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by the New York Times, the Guardian and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants, spurred by worries such games could serve as a cover for those who could use in-game messaging systems to swap information.

The stories, based on documents leaked by former National Security Agency contractor Edward Snowden, offer an unusual take on America's surveillance campaign, suggesting that even the fantasy worlds popular with kids, teens and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ. THE ASSOCIATED PRESS

Open letter to Obama

Major technology companies, stung by revelations that the U.S. government collects people's personal data on their networks, issued an open letter to President Barack Obama on Monday asking for tighter controls on surveillance.

Selfie simulacrum. British art student creates scanned 3D self

Lorna Barnshaw's 3D selfie. LORNA BARNSHAW

Whether in a revolution, crime scene or dinner party, the selfie — Oxford Dictionaries' word of the year — is an essential souvenir. British art student Lorna Barnshaw has taken the craze a step further with her "Replicants" project, capturing herself with the most advanced scanners and 3D printing herself in full size.

I read that you wanted to recreate reality. How close did you come?

Not very close, because the scanners create glitches, so this is more about showing where the technology is at the moment. I tried to step back and let the machines do the work but they struggled at times and couldn't get the back of the head right.

I tried all the available options but you can't recreate natural lighting so the face appears lifeless and cold. With photos you can see emotion in a real-life environment. In a way this is what happens to us as we adapt and integrate with technology.

What does this say about human immersion in technology?

It's very strong and you can see that already with printed body parts and the augmented reality we can access. It's both exciting and scary, because technology has glitches. We are always trying to perfect it, but never satisfied.

Does the selfie craze prove we are all hopeless narcissists now?

It's about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go. METRO WORLD NEWS

Hockey beats Crackgate

Leafs bodycheck Rob Ford off top of Facebook list

Toronto Mayor Rob Ford made headlines around the world but his antics didn't top Facebook Canada's list of the year's top topics. The Toronto Maple Leafs generated the most chatter, while Ford came in fifth. THE CANADIAN PRESS

Market Minute

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CAN WE DROP THE REAL WOMAN CLICHÉ?

SHE SAYS

Jessica Napier
metronews.ca

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow up 'Sorry, I'm not sorry' faux-apologies didn't win her any fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to escape these sorts of absolutist expressions. Leggy, six-feet-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Cockroach species turns up in NYC

UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and Dominic Evangelista said the species Periplaneta japonica is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the Journal of Economic Entomology, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

Critter versus critter

"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."

Dominic Evangelista, Rutgers University insect biologist
Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

No super species hybrid

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.
- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Kickstarter and Indiegogo leading the way helping thousands of cash-strapped projects get off the ground, it's easy for niche projects to go unnoticed.
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ISTOCK IMAGES

Gambitious:
With pages and pages of gaming projects (video, board, cards, you name it) on mainstream crowdfunding sites, it didn't take a genius to see where the coveted crowd cash lies. Gambitious unites game developers, investors and players to make these games happen.

Rock The Post:
Hobby projects need not apply. Rock The Post's niche is revenue-generating business and rejects about 90 per cent of applicants. So, if you just want a bit of cash so you can take your band and hit the road, this might not be for you (but there's hope, keep reading).

GigFunder:
Didn't get that artists' grant? GigFunder tries to help touring musicians fund their road trips. (Warning: Haven't seen too many successful campaigns to date.)

Twitter

@metropicks asked: Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?

@ColinHFX: MOON. SHOES.

@nicoleblancPR: SkipIts! Those things are a hazard!

@strangerob: I pity the store clerks who will have to deal with these damn things & the angry parents.

@turdwrastler: bring back lawn darts

@_J_T_V_: THE JOCK JAMS CD SERIES

@ArCowx: I still have mine!

@SmashSays: @VivienLily Should I preorder you one? Haha

@QRefProblems: Fraggles

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DVD review

Fast & Furious 6

Director. Justin Lin

Stars. Vin Diesel, Paul Walker, Dwayne Johnson

The recent tragic car crash death of Paul Walker makes Fast & Furious 6 the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina coladas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges, plus new faces Gina Carano and Luke Evans. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker. Extras included: deleted scenes, an extended version of the film, a director's commentary and making-of featurettes.

PETER HOWELL

Sounds for the season

If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

PAT HEALY
Metro World News in Boston

Wrapped in Red: Kelly Clarkson

Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.

A Mary Christmas: Mary J. Blige

Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.

Duck the Halls: The Robertsons

My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album. Sadie and Uncle Si can't really sing and there are lyrics like "We bought every string of lights Walmart had" and "Like Jesus and Santa Claus, we've got love behind these beards" (in the same song!), but it's full of goofy cheer for anybody who always wanted to hear a follow-up single to Grandma Got Run Over by a Reindeer.

Psych-Out Christmas: Various Artists

The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quintron and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.

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The vote is split on 2013's best flick

Anyone's awards. There was no critic consensus in L.A. this weekend, making Oscar predictions tough

The Los Angeles Film Critics Association split between the space odyssey Gravity and the futuristic romance Her, lending no more certainty to an awards season that's so far been full of contenders.

The two films shared best picture in the awards announced Sunday by the L.A. critics, but Gravity was the top award-winner. The innovatively made, lost-in-space drama won for best director (Alfonso Cuaron), best editing (Cuaron and Mark Sanger) and best cinematography (Emmanuel Lubezki).

Her, which is about a man (Joaquin Phoenix) who falls in love with his computer operating system (voiced by Scarlet Johansson), also won for K.K. Barrett's sleek, near-future production design.

But the critics otherwise spread the honours around.

Dual winners were the theme. Best actress was shared by Cate Blanchett for her fallen socialite in Woody Allen's Blue Jasmine, and Adele Exarchopoulos for the lesbian coming-of-age tale Blue Is the Warmest Color. (The later film also won for best foreign language film.)

Best supporting actor was also a two-fer, with the group jointly honouring Jared Leto's performance as an HIV-positive transsexual in Dallas Buyers Club and, more surprisingly, James Franco's performance as the cornrowed gangster Alien in Spring Breakers.

Best actor went to Bruce Dern for his performance in Alexander Payne's father-son road trip Nebraska.

Last year, the LA critics chose as best picture Michael Haneke's aging drama Amour, which went on to win the Oscar for best foreign language film.

The association, a group of several dozen film critics, will hand out the awards in a Jan. 11 ceremony in Los Angeles.

Hollywood's awards season continues on Wednesday with the Screen Actors Guild nominations, followed Thursday by the Golden Globe nominations.

THE ASSOCIATED PRESS

Hard to predict

Early movie awards can help sort out the Academy Awards race, but they've been particularly varied this year. Last week the New York Film Critics Circle named American Hustle best film. The National Board of Review picked Her and the Gotham Awards elected Inside W Davis. On Sunday, both the New York Film Critics Online and the Boston Film Critics named the slavery epic 12 Years a Slave best picture. The LA critics also voiced its strong support for the film naming Lupita Nyong'o best supporting actress, and giving a "special citation" to the film's creative team.

Gravity shared the best picture award with Her at the Los Angeles Film Critics Association awards Sunday. CONTRIBUTED

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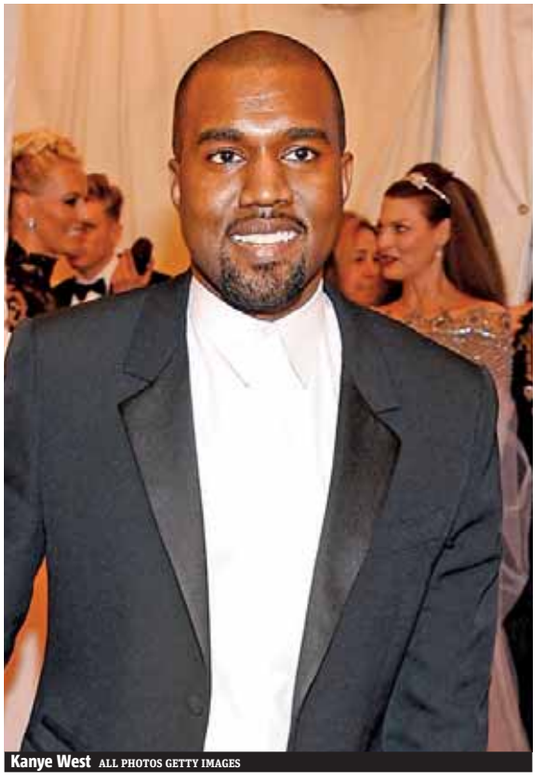

Kanye West ALL PHOTOS GETTY IMAGES

All quiet on the West front: Kanye wants you to know his tour is war zone-tough

Kanye West isn't sure everyone appreciates how dangerous his current tour is. "Like, I'm just giving off my body on the stage. I'm putting my life at risk, literally," West says in an interview with SaturdayNightOnline.com, citing some of the precarious set pieces involved in the live show. "And I think about it. I think about my family and I'm like, wow, this is like being a police officer or something, in a war or something. Like you're literally going out to do your job every day, knowing that something could happen. Something can happen to you."

The Word

Could Miley be the Person of the Year?

PAT HEALY
Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon founder Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secretary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

Will you Mary-Kate me? Olsen may be on her way to the alter

Mary-Kate Olsen

Is Mary-Kate Olsen getting ready to welcome a partner into her voluminous circle scarves?

The actress/twin/fashion person, 27, has been dating Olivier Sarkozy, the 44-year-old brother of France's ex-president Nicolas Sarkozy, for more than a year. Despite the 17-year age difference, the two are reportedly getting quite serious.

According to Page Six, Mary-Kate was recently spotted perusing diamond engagement rings at the Neil Lane boutique in Los Angeles. Apparently, MK was drawn to platinum bands with large, cushion-cut gems, some as much as $100,000 — "I don't think price was an issue," a source said.

Well, obviously not. They are the very definition of a power couple. One of them is the scion of an immensely powerful global dynasty, and the other one is Olivier Sarkozy.

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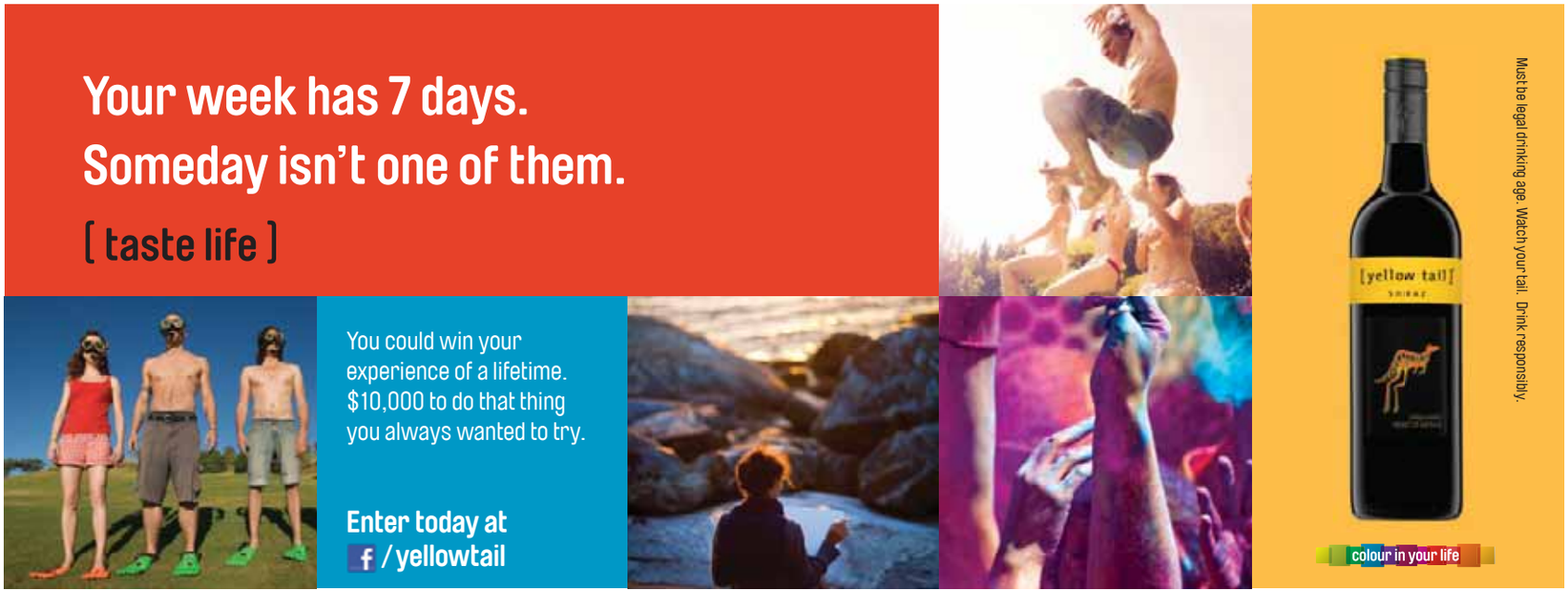
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Keeping pounds off with healthy holiday drinking

Sipping celebrations. The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA PARK
Metro World News

Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

Beer

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel colouring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

Go easy

Of course, the healthiest way to go is to avoid drinking when possible.

- **A simple solution.** "You don't have to drink at every holiday party," said Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

Wine

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

Hard alcohol

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."

Best Health

Give gifts from the heart this holiday season

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, we rounded up some beautiful and practical gift ideas, all with a healthy twist. Pick up the issue to find a roundup of items that cover all four of our healthy pillars: Look Great, Get Healthy, Eat Well and Embrace Life.

But we also suggest gifts like donating your time and giving to a charitable organization. According to research from the University of Exeter Medical School in the U.K., volunteering can improve mental health and help you live longer.

Here are three charitable gift ideas.

Plan Canada Gifts of Hope Newborn Checkup, $30. This home visit will check in with a mom and newborn within the first three days of birth — a crucial time to ensure that baby is thriving and mom is recovering well. Go to plancanada.ca/gifts for more information on the program.

Toms One For One Program. For every pair of Toms shoes purchased, the company will donate a pair to a child in need.

The company currently donates shoes to people in more than 60 countries. Browse styles and find a retailer near you at toms.ca.

World Vision Christmas Ornament Set (Trio), $85. Give a holiday gift that supports African entrepreneurs. One ornament set includes an African water buffalo, a giraffe and an elephant, all made from wire and beads and handcrafted by Kenyan artisans who received a World Vision micro-loan to start their business. For more information, go to worldvision.ca/gifts.

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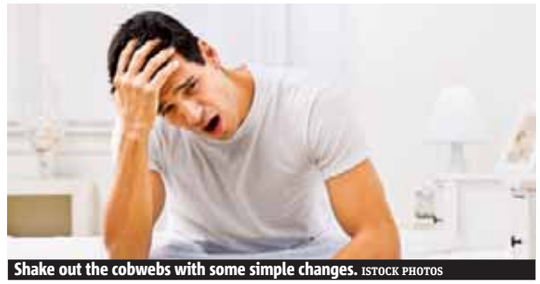
Open your heart and wallet. ISTOCK PHOTOS

Do you think you have seasonal affective disorder?

Bad in bed. It might have nothing to do with the changing of the seasons, you might just simply be sleep-deprived

LINDA CLARK
Metro World News


Shake out the cobwebs with some simple changes. ISTOCK PHOTOS

Are you feeling extra sleepy now that the days are short and the nights are long? Does a dark, cold afternoon make you want to curl up and snooze?

Well, it's not entirely due to the change in the seasons, according to Dr. Lawrence J. Epstein, an associate physician of sleep medicine at Brigham and Women's Hospital in Boston. He says it's more likely due to year-round sleep deprivation.

"Humans don't hibernate — if people feel like sleeping longer in the winter, it's likely due to sleep problems in general," says Epstein. "People are just not getting enough sleep. Over the past 50 to 75 years, our sleep has been decreasing. This is not good. It causes changes in the body's physiology. It's not healthy."

Inadequate sleep is associated with weight gain, changes in glucose metabolism leading to diabetes, hypertension and an increased risk of heart disease.

"People who have poor sleep don't live as long," says Epstein. "You don't feel good. Cognitive function is impaired, reaction time is slower, attention decreases and judgment is impaired."

If you're feeling particularly grumpy or depressed — in addition to sleepy — this time of year, Epstein says those symptoms are more in line with seasonal affective disorder (also known by its appropriate acronym, SAD), but notes that "exposure to light usually fixes the problem."

Indeed, light exposure sets circadian rhythms (the body's internal clock), determining when we sleep.

That's why some people might sleep longer in winter, when there's less daylight, and that inclination for extra sleep can be a good opportunity to establish more restful long-term sleep habits.

"You can absolutely reset your sleeping pattern," says Epstein. "It can be very individual; not everyone sleeps at the same times and for the same amount of time."

He recommends testing out going to bed when you're sleepy and waking up when you want (if you're lucky!) to figure out what sleep schedule works best for you.

"Initially, you're making up for lost sleep, (but) in two weeks, you're waking up feeling refreshed and you've found your natural sleep period."

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BATH TUB PILATES

Flat bubbles + wet book = bath over. Soak a little longer, and do some Pilates- — yes, in the tub.

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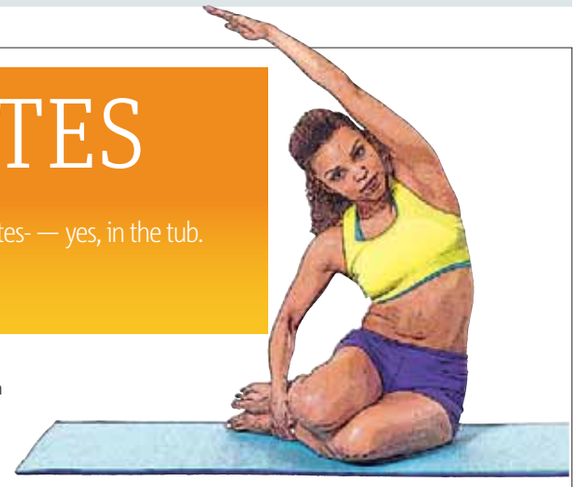

Why Pilates in the tub? In the dead of winter, running a hot bath is one of the quickest ways to thaw a stiff, frozen body. "The warm water relaxes the muscles, allowing them to become more malleable," Brooke Siler, author of The Women's Health Big Book of Pilates, and Madonna's former trainer, tells Metro.

"Once they're in that state, it's a really nice place to try and foster a bit more flexibility than you might get from, say, dynamically attempting to stretch out cold muscles, which tend to tear more easily," she adds. Try the moves here while soaking, for a firm tummy.

But when you get out of the bath, don't go directly in a cold area, she warns: "After expansion comes contraction—so do your best to stay warm, and allow your muscles to cool down naturally once you get out. Because if you don't, they'll just seize right back up."

THE ROLL BACK A + B

A: Sit with your knees bent and your feet flat, and approximately 2 feet from your bottom. Place your hands behind your thighs, keeping your elbows wide, bottom engaged, and abs pulled in. Knees should be hip-width apart.

B: Inhale with control as you curl your bottom under and roll halfway back. Press your feet down. Hold for a count of three. Exhale as you roll up to the starting position. Reps: three to five.

SINGLE LEG KICKS A + B

A: You may want to drain some of the water out for this move. Lie facedown with your upper body propped up on your elbows and with tight fists. Your arms are shoulder-width apart and your elbows are aligned directly under. Your chest is lifted high, the pubic bone is anchored to the bottom of the tub (as much as you can), and the inner thighs are pressed tightly together.

B: Maintaining this position, lift both knees 2 inches, and alternately kick your bottom with your heels. Switch legs, repeatedly sustaining the stretch of abs up through the chest and out the chin.

Reps: Six sets of kicks.

SIDE BENDS A + B + C

A: Sit on one buttock with your knees bent to your side, legs stacked knee over knee, and ankle over ankle. Using your leg side hand, pull your heels close to your bottom and slowly inhale as you raise your opposite arm until your biceps touch your ear.

B: Exhale slowly as you side bend over your legs, stretching the outside of your body.

C: Return to centre on an inhalation, and slowly exhale as you side bend to the other side by placing your hand on the bottom of the tub, in line with your shoulder. One arm is always overhead.

Reps: do three breath cycles.

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Doubling the oats makes them breakfast food, right?

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider.

These Double-the-Oats Oatmeal Cookies are so jammed with oats — making them tender and wonderfully chewy and rich — that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

Feel free to substitute 1 1/2 cups of dark chocolate chips and 1 cup of chopped walnuts for the cherries and pecans.

This recipe makes three dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats (not quick-cooking), divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped

1. Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

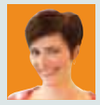
2. In a large bowl, whisk the eggs and vanilla until frothy. Add both sugars and the oil. Mix until well blended and creamy in appearance.

3. In a medium bowl, whisk together the flour, baking soda, cinnamon, cardamom and salt. Add to sugar and egg mixture and mix until completely combined. Mix in 2 cups of the oats, then the cherries and pecans. Add the remaining 1 1/2 cups of oats and mix well. The batter will be stiff.

4. Working in batches, use teaspoon to drop cookie dough on prepared sheet, leaving about 2 inches between cookies. Bake for 14 to 15 minutes, or until golden brown and still soft at the centre. Cool for 2 minutes on the baking sheet, then use a spatula to transfer to a rack to cool completely. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Health Solutions

Let the loafing begin



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is loaf season!

And I do not mean the kind of loaf you do on the sofa. I mean the kind you bake a stack of, wrap up and take to every party as a hostess gift.

Banana loaf can be so ho hum but to add a little ho ho ho, think about stirring in one or some of these ingredients:

- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of brie with grated apples
- Cocoa nibs
- Hemp seeds
- Pineapple chunks
- Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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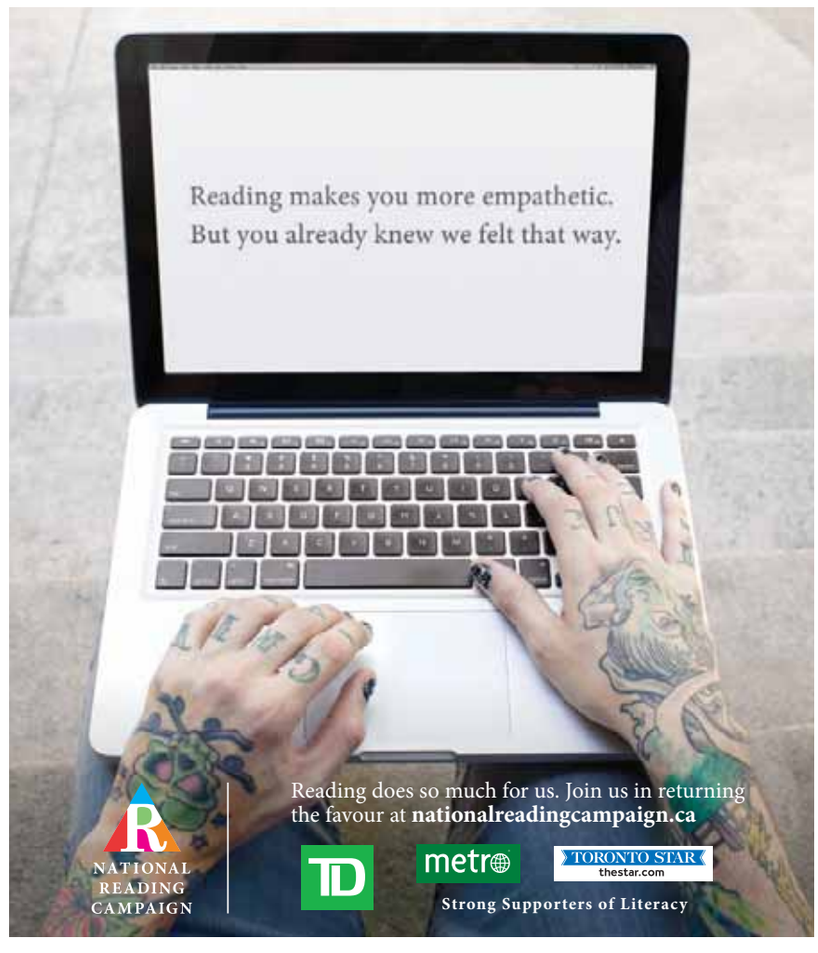

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FOCUS ON THE PROCESS OF PREPARING FOR EXAMS TO ACHIEVE OPTIMUM RESULTS

Andrea Moon, a learning strategist at Ryerson University, offers these tips for students when preparing for exams.

1 Motivate yourself to start. It is often useful to start with a "pre-studying" planning task, whether it is organizing your lecture notes, making cue cards or outlining a checklist of what needs to be reviewed. This way, you gradually prepare yourself for your study sessions, but also have a better idea of what material you know well and what material requires more attention.

2 Create a study plan. After you have a better sense about the amount of material that needs to be studied, determine how much time you need to spend on each area and break your time down into manageable shifts. For example, if you have one week to study five chapters, you can commit to studying one chapter a day and use the remaining two days for review.

3 Avoid cramming. Pulling all-nighters is not an effective way of studying. Instead, space your study sessions. If you spread your study sessions across several weeks, you can process the information more efficiently.

4 Apply your knowledge. Use what you have learned before you forget it. Trust what you know and practise interacting with the information. Make connections between the things you learned instead of just memorizing facts — try to link what you are studying to real-life situations.

5 Choose your study space wisely. Study somewhere you know you will be productive and will be faced with fewer distractions. Equip yourself with any tools you will need (laptop, books, cue cards, pens) as well as water and a snack in case you get hungry.

6 Banish smartphones and tablets. If you tend to be distracted by these items, remove them from your study zone while you are hitting the books. Turn off your phone and log out of social media sites.

7 Schedule study breaks. Plan short breaks between your study sessions. Fifteen to 20 minutes of walking, playing chess, or kicking around a soccer ball will help you work other parts of your brain and you will feel more refreshed and alert when you return to studying. *– Metro News Services*

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Having fun at the Xmas work party is a tightrope, need help walking it?

Enjoy! But avoid getting too drunk and making a scene. ISTOCK

Eat more, drink less. Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA FURLAN
Metro World News

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of Find Your Sweet Spot: A Guide to Personal and Professional Excellence, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

As the founder of the catering and event planning company Between the Bread, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun." she says. Here's some tips to use by the punch bowl ...

Network

"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

Be aware of monopolizing people's time

"There may be somebody you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga reminds revelers.

Say thanks

"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

You can flirt, cautiously

"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.

Dreading those long hours at the mall? It's time to make shopping a teachable moment

Children are easily distracted in stores, but lists can help keep them focused. ISTOCK

Planning. If you let kids help with making lists and doing online research, they can learn lots about budgeting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grousing about the holiday season and especially about shopping.

I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take the holiday lead offers the best kind of financial literacy teachable moment. Here's how to set off on the right (and least stressful) foot this season.

The list

Whether it is done via an app or on the back of an envelope, the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for adolescents through teens. Most keep a running spending total, which is a boon.

The budget

Like macaroni needs cheese, a list needs a budget. Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy. Encourage homemade gifts for all ages. Again, let them do as much as possible. Kids are natural-born creators.

Quoted

Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

The shopping

One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.

MLB

Pitcher Halladay retires as a Jay

In the end, Roy Halladay went back to his major-league roots.

Halladay signed a one-day contract with the Toronto Blue Jays on Monday that allowed the veteran right-hander to retire as a member of the team with which he broke into the majors and spent the bulk of his distinguished 16-year career.

THE CANADIAN PRESS

NHL

Knee lands Neal five-game ban

The NHL has suspended Pittsburgh Penguins forward James Neal for five games for kneeing Boston forward Brad Marchand in the head. The incident occurred in the first period of Boston's 3-2 home win over Pittsburgh on Saturday.

THE CANADIAN PRESS

NHL

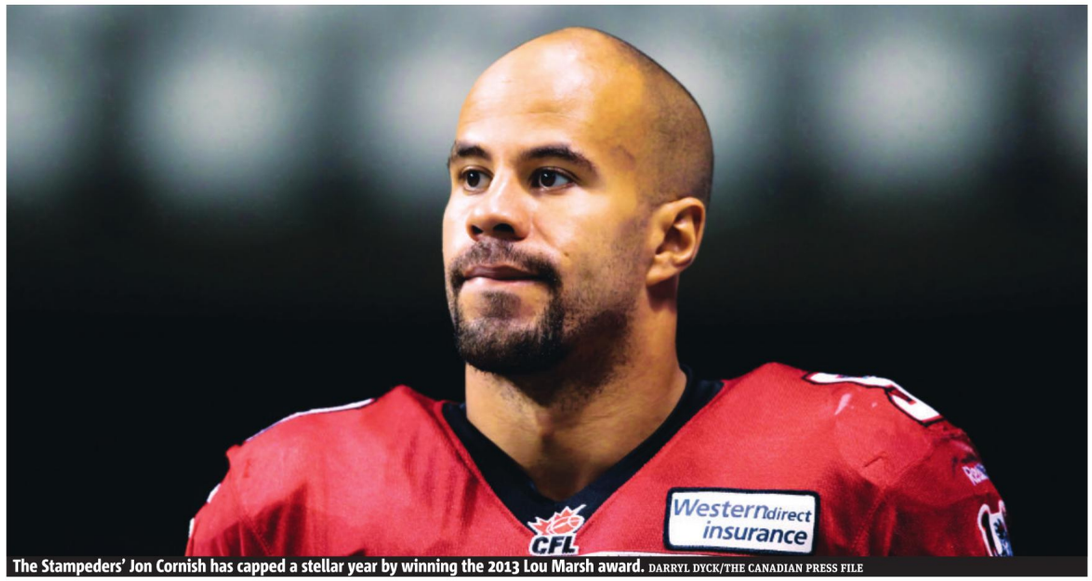
Spezza leads Sens to shootout win

Jason Spezza scored the winner in the shootout as the Ottawa Senators defeated the Philadelphia Flyers 5-4 on Monday night.

This was Ottawa's first shootout win of the season after losing its four previous attempts.

Clarke MacArthur struck twice for the Senators (12-14-5) in regulation. Patrick Wiercioch and Kyle Turris also scored for Ottawa as Craig Anderson made 25 saves.

THE CANADIAN PRESS



The Stampeders' Jon Cornish has capped a stellar year by winning the 2013 Lou Marsh award. DARRYL DYCK/THE CANADIAN PRESS FILE

Jon Cornish named nation's top athlete

2013 Lou Marsh award. Riders running back gets his due among Canada's best after record-setting season

No one was more surprised by Jon Cornish capturing the 2013 Lou Marsh award as Canada's top athlete than the Calgary Stampeders running back himself.

Cornish narrowly defeated Milos Raonic, the first Canadian men's singles tennis player to achieve a top-10 world ranking, and Kaillie Humphries, who dominated the women's bobsled circuit this season, for the honour.

"I really didn't know anything was going on, I was just getting ready to go for a day of work," said Cornish, employed as a bank rep in Calgary during the off-season.

"But then (Stampeders communications director) Jean Lefebvre called and informed me that I had been selected.... This was a nice little addition to my day."

And in a truly CFL moment, the 29-year-old Cornish spoke to reporters during a conference call while on a break at the bank Monday.

Cornish became just the third Canadian to win the CFL's outstanding player award after rushing for a league-high 1,813 yards. That broke his own record for the most rushing yards in a season by a Canadian.

The native of New Westminster, B.C., also led the league with 2,157 yards from scrimmage and 14 TDs en route to being named the CFL's top Canadian for a second straight season.

He's the first Canadian to win the CFL's top player award since Ottawa Rough Riders tight end Tony Gabriel in 1978 and the first CFL player to claim the Lou Marsh award since legendary Ottawa quarterback Russ Jackson did so in 1969.

THE CANADIAN PRESS

Lou Marsh award

The trophy is awarded annually to Canada's top athlete as selected by representatives of Canada's leading news organizations.

- Cornish was a finalist for last year's award, won by women's soccer star Christine Sinclair.
- "To have my name mentioned alongside Wayne Gretzky, Mario Lemieux, Sidney Crosby, Steve Nash, Christine Sinclair," Cornish said. "It's insane to me that I could be selected."

4 SPORTS

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Iginla braces for emotional return

NHL. Former Flames captain back at the Saddledome for the first time since being traded to the Penguins last season

He's in his 17th season in the NHL, but this was new territory for Jarome Iginla.

The 36-year-old tried to anticipate Tuesday's reception at the Scotiabank Saddledome.

A Flame for the first 16 seasons of his NHL career and team captain for nine until his trade March 27, Iginla expected to have more trouble than usual getting to sleep on the eve of his first game in Calgary wearing enemy colours.

"I'm trying to prepare myself," Iginla said Monday in the unfamiliar confines of the visitors' dressing room.

"I don't plan on being extremely emotional, but I don't know. I'm really want to try and take it as it comes. It will be different. I guess I don't rule it out."

That the right-winger is already with his second team — the Boston Bruins — puts some distance on the deal that sent Iginla to the Pittsburgh Penguins for a first-round draft pick and two college forwards to the Flames.

Iginla played 13 regular season games and 15 post-season games for Pittsburgh. He then signed as a free agent with the Boston Bruins, a team he turned down in favour of the Penguins the night he was dealt.

THE CANADIAN PRESS

Jarome Iginla THE CANADIAN PRESS

Iginla's resumé as a Flame

- Iginla is Calgary's all-time leading scorer with 575 goals and 570 assists in 1,219 games.
- Iginla was the NHL's leading goal scorer twice as a Flame.
- He captained the team to the Stanley Cup final in 2004 when they lost in seven games to Tampa Bay.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	31	12	14	5	91	103	29
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	21	10	1	98	71	43
Washington	30	16	12	2	92	85	34
Carolina	30	13	12	5	71	84	31
NY Rangers	31	15	15	1	69	80	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	30	13	14	3	68	78	29
Columbus	30	12	15	3	73	82	27
NY Islanders	30	8	17	5	75	104	21

Monday's results
Pittsburgh 2 Columbus 1
Ottawa 5 Philadelphia 4 (SO)
NY Islanders at Anaheim
Carolina at Vancouver
Sunday's results
Minnesota 3 San Jose 1
Chicago 6 Florida 2
Boston 5 Toronto 2
Washington 4 NY Rangers 1
Vancouver 3 Colorado 1
Tuesday's games
All Times Eastern
Los Angeles at Montreal, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Ottawa at Buffalo, 7 p.m.
New Jersey at Columbus, 7 p.m.
Nashville at NY Rangers, 7:30 p.m.
Detroit at Florida, 7:30 p.m.
St. Louis at Winnipeg, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Phoenix at Colorado, 9 p.m.
Boston at Calgary, 9:30 p.m.
Carolina at Edmonton, 9:30 p.m.
NY Islanders at San Jose, 10:30 p.m.
Wednesday's games
Los Angeles at Toronto, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Minnesota at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	21	6	5	116	89	47
St. Louis	28	19	6	3	98	66	41
Minnesota	32	18	9	5	77	75	41
Colorado	28	20	8	0	82	65	40
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	20	7	5	101	84	45
San Jose	30	19	6	5	101	75	43
Los Angeles	30	19	7	4	79	62	42
Vancouver	32	17	10	5	86	81	39
Phoenix	29	16	8	5	94	93	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Thursday's games
Montreal at Philadelphia, 7 p.m.
Columbus at NY Rangers, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Detroit at Tampa Bay, 7:30 p.m.
Toronto at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Colorado at Winnipeg, 8 p.m.
Carolina at Calgary, 9 p.m.
NY Islanders at Phoenix, 9 p.m.
Boston at Edmonton, 9:30 p.m.
Minnesota at San Jose, 10:30 p.m.

NFL

Monday's result
Chicago 45 Dallas 28
Sunday's results
Kansas City 45 Washington 10
Baltimore 29 Minnesota 26
Tampa Bay 27 Buffalo 6
N.Y. Jets 37 Oakland 27
Miami 34 Pittsburgh 28
New England 27 Cleveland 26
Cincinnati 42 Indianapolis 28
Green Bay 22 Atlanta 21
Philadelphia 34 Detroit 20
Denver 51 Tennessee 28
San Diego 37 N.Y. Giants 14
San Francisco 19 Seattle 17
Arizona 30 St. Louis 10
New Orleans 31 Carolina 13

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8½
Detroit	10	11	.476	8
Charlotte	10	11	.476	8
Washington	9	11	.450	8½
Chicago	8	10	.444	8½
Toronto	7	12	.368	10
Cleveland	7	13	.350	10½
Philadelphia	7	15	.318	11½
Orlando	6	14	.300	11½
Brooklyn	6	14	.300	11½
New York	5	14	.263	12
Milwaukee	4	16	.200	13½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
Oklahoma City	15	4	.789	1
d-San Antonio	15	4	.789	1
d-L.A. Clippers	14	8	.636	3½
Houston	15	7	.682	2½
Denver	13	8	.619	4
Dallas	13	8	.619	4
Phoenix	11	9	.550	5½
Golden State	12	10	.545	5½
L.A. Lakers	10	10	.500	6½
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7½
Sacramento	5	13	.278	10½
Utah	4	18	.182	13½

x - clinched playoff berth; **y** - division; **z** - conference.

Monday's results
L.A. Clippers 94 Philadelphia 83
Charlotte 115 Golden State 111
Denver 75 Washington 74
Orlando at Memphis
Portland at Utah
Dallas at Sacramento
Sunday's results
Boston 114 New York 73
Miami 110 Detroit 95
Houston 98 Orlando 88
Oklahoma City 118 Indiana 94
Toronto 106 L.A. Lakers 94
Tuesday, December 10
San Antonio at Toronto, 7 p.m.
New York at Cleveland, 7 p.m.
Miami at Indiana, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Oklahoma City at Atlanta, 7:30 p.m.
Boston at Brooklyn, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Avoid wishful thinking today. Cosmic activity in areas of your chart that deal with self-deception could lead to silly mistakes. Reality is what it is. There is no need to embellish it or wish it were something different.

♉ Taurus
April 21 - May 21
Be careful what you say if someone asks for advice. Make sure what you tell them comes from your experience and is not something you picked up from an unreliable source.

♊ Gemini
May 22 - June 21
You seem to be getting through a lot of work, which is good. But you won't be able to keep up this pace. Think of ways you can ease back a little. You need to stay sharp, both mentally and physically.

♋ Cancer
June 22 - July 23
You don't lack for confidence or ideas but there is a danger today that you could mislead yourself about the true state of your affairs. Think positive by all means but don't let wishful thinking take a hold on you.

♌ Leo
July 24 - Aug. 23
Sit down and have a heart-to-heart talk with someone you care for. A lot has been said and done in recent days, and the time has come to clear the air. Be honest about your feelings.

♍ Virgo
Aug. 24 - Sept. 23
You are in a carefree mood and should cheer up loved ones who do not share your happy-go-lucky outlook. You can't change the world but you can make people smile.

♎ Libra
Sept. 24 - Oct. 23
Can you trust your senses? Most of the time. But today you would be wise to question what your eyes and ears tell you. Are you seeing and hearing what's really there?

♏ Scorpio
Oct. 24 - Nov. 22
Start something new. Yes, you have failed to follow through so many times in the past but this time will be different. What happened to all those big ideas you had? They're still there.

♐ Sagittarius
Nov. 23 - Dec. 21
Your mind may be bubbling with a dozen great ideas but if you try to follow them all, you will get nowhere fast. Decide what is the one aim that means the most to you then put your heart and soul into it.

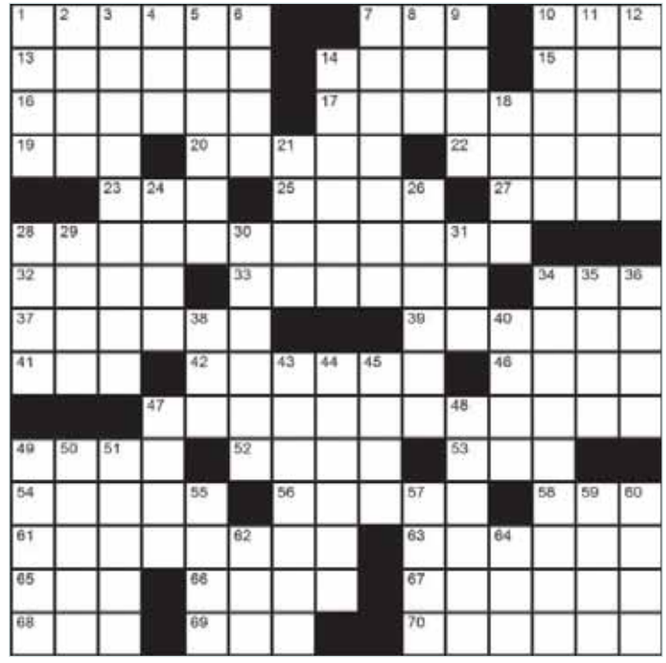
♑ Capricorn
Dec. 22 - Jan. 20
Make sure you deal only with people who are original today. Some of their ideas may be a little way out for your more traditional tastes but no matter, they will encourage you to try a few creative tricks of your own.

♒ Aquarius
Jan. 21 - Feb. 19
Bring your plans up to date. Sit down with a pen and paper, and write down your top three objectives. Then map out how you are going to get from where you are now to where you want to be.

♓ Pisces
Feb. 20 - March 20
If you are thinking of taking a trip, that's good, but keep your plans flexible. Last minute changes are more likely than not over the next 24 hours, so be prepared. SALLY BROMPTON

Crossword: Canada Across and Down

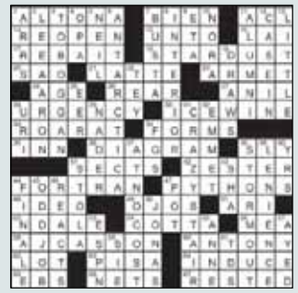
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Return to a place: 2 wds.
7. Wildebeest
10. Ferrell's festive flick
13. "The Middle" star Patricia
14. Pictured
15. Ms. Leoni
16. Use sticky stuff then decide to peel away from it
17. Valley on Vancouver Island; also, a beautiful sweater from there
19. Crop
20. Persist
22. An 'it'
23. Here: French
25. Associations [abbr.]
27. Pretends
28. Lake Manicouagan in Quebec is ring-shaped because it's a what from 215 million years ago?: 2 wds.
32. Car's need
33. Canadian author Mr. Choy
34. "__, _ don't." (Retort to "Yes, you do.")
37. "The ___ Know" by Collective Soul
39. Nice
41. Nav. designation
42. "Clever fellow!": 2 wds.
46. Has to pay
47. Leader of the Green Party of Canada: 2 wds.
49. Gumbo ingredient
52. Pre-midnight, __ _'clock
53. One: Spanish
54. De-crease
56. Repenters
58. Tea, in Tadoussac
61. English folklore hero: 2 wds.
63. Old Testament's Book of __
65. Disney deer
66. Latin hymn: "Dies __"
67. Aviators
68. Actor Mr. Shepard
69. No __ intended
70. __ identity

Down
1. Ra's al __ (Batman foe)
2. Prefix meaning 'Wine'
3. Kilt-wearing musicians
4. Nfld's ocean
5. Daytime talk host Katie
6. Human 'cap' site
7. Hannah __, Canadian singer
8. __ and improved
9. Division
10. Moral principle
11. Resembled the Tower of Pisa
12. Dracula costume must-haves
14. Move along quickly
18. Overdo, as steak
21. __-Cola
24. Ring up
26. Stuff with food
28. "Don't mind __ __ do." (That'd be great for us)
29. Subatomic particle
30. Dusky
31. WSW opposite
34. Mary, on December 25th, way back when: 2 wds.
35. Vitamins brand, __ _ Day
36. __-bitsy
38. Internet hookup letters
40. Mindy of "The Facts of Life"
43. Canada's men's Olympic hockey team GM, Steve __
44. "The Blue __" by Johann Strauss
45. Hautbois
47. Direction
48. Scrap
49. Chose
50. Sweden's money
51. House-selling company
55. Boat
57. Sporty whistle blowers
59. Present
60. Once, poetically
62. South American country, for short
64. __-Tac-Toe

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8						5	1	
1				9	4		7	
	9							
			3		8	4		
	5	3	6		7	1	8	
		6	9		2			
							5	
	6		8	3				1
	4	2						3

Yesterday's Sudoku

6	4	8	2	9	3	1	7	5
1	5	2	4	7	6	9	3	8
3	9	7	5	1	8	2	4	6
9	8	3	1	6	4	7	5	2
5	1	4	7	2	9	8	6	3
7	2	6	3	8	5	4	9	1
4	6	9	8	3	1	5	2	7
2	3	1	9	5	7	6	8	4
8	7	5	6	4	2	3	1	9

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -13° MIN: -13°	MAX: 0° MIN: -11°	MAX: 1° MIN: -17°

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